



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Ireland – Treasures of Coast and History Bike Tour 2018
Individual Self-Guided
9 Days/8 Nights



Allow salty sea breezes to blow away every last bit of your stress. Get an invigorating foot massage from Mother Nature as you walk barefoot along a beautiful sandy beach. Fill your lungs with the rich smell of heather, bluebells or a multitude of other wild flowers and plants. Travel back through the mists of time as you stand in a 5,000 year old court tomb. Above all, feel a sense of total freedom.

This is our most popular cycling holiday. It follows one of the most stunning stretches of the Wild Atlantic Way. This is the area where we are privileged to live, where the beauty of the landscape, the fascinating history and legendary local hospitality inspired us to share it with others.



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Itinerary Day to Day

Day 1: Arrive Donegal Town

Your cycling holiday begins in historic Donegal Town. Getting here is easy with direct bus services from both Dublin and Ireland West airports. Spend the evening relaxing in this very pleasant town with its many pubs and restaurants.



Day 2: Around Lough Eske 26 km

Following breakfast we will meet you to provide you with everything you need for your upcoming bike tour, and to answer any questions you may have. You will then be set to begin your new cycling adventure. Your first day of cycling takes you around tranquil Lough Eske, nestled at the foot of the Bluestack Mountains. Back in Donegal you can visit the 15th century castle, or take a trip on the Donegal Bay Waterbus. Alternatively you can spend the evening relaxing (or shopping!)

Day 3: Donegal to Killybegs 38 - 53 km

Today you cycle along the ever-changing coastline between Donegal and Killybegs. You'll pass quiet bays, beaches and inlets. Cycle along narrow peninsulas and headlands. Bike along St. John's Point, where the Atlantic Ocean will lie on both your left and right. The views in all directions here are magnificent. Continue west to your overnight destination in the bustling fishing village of Killybegs, where much of Ireland's Atlantic catch is landed.



Day 4: Killybegs to Carrick 21 - 35 km

West of Killybegs you cycle along one of the most memorable stretches of coastline you will ever see. Cycle through Kilcar, a centre for traditional tweed production, before reaching your overnight destination of Carrick. A short bike trip from Carrick brings you to the stunning Sliabh Liag (Slieve League) Cliffs – one of Ireland's greatest treasures and a sight not to be missed. Here you also have the opportunity to view the cliffs from below, with a boat trip from nearby Teelin Pier.



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Day 5: Carrick – Glencolmcille – Carrick 25 – 33 km

Today your cycling holiday brings you through 5,000 years of Irish History. The title of a book about the area, “5,000 Years In Stone”, says it all. Stone Age court tombs, dolmens from the Bronze Age, early Christian standing stones and Celtic ring forts overlooked by a watchtower from the Napoleonic era. Set in one of the most beautiful spots you will ever visit, there could hardly be a better place to explore by bike.



Day 6: Carrick to Ardara 22 km

Cycle over wild bog lands as you climb gradually to emerge at the head of dramatic Glengesh Valley. The bike ride down the valley will be one to remember. Choose between stopping to admire the amazing views and enjoying the thrill of the descent. At the bottom of the valley is your overnight destination in the heritage town of Ardara. This lively town has a great selection of pubs, many of which feature regular traditional music sessions.

Day 7: Ardara 10 – 35 km

The possibilities today are endless. Take the leisurely 8 km bike ride along beautiful Loughros Point. Alternatively, cycle to the golden sandy beach, caves and waterfall at Maghera. A third option is to cycle around Dawros Head. Here you can step back in time to view the Kilclooney Dolmen, and the mystical Doon Lough Fort. The choice is yours! Return once again to Ardara. Spend another night exploring its many pubs.



Day 8: Ardara to Donegal 30 km

Cycle back to your starting point in Donegal Town. Cross more wild bog lands as you climb out of the town. Great views open up over Donegal Bay with its many headlands and islands. Enjoy one last descent to the pleasant village of Mountcharles. Return to your starting point in Donegal Town, completing your biking tour around the beautiful and historic coast of Donegal.

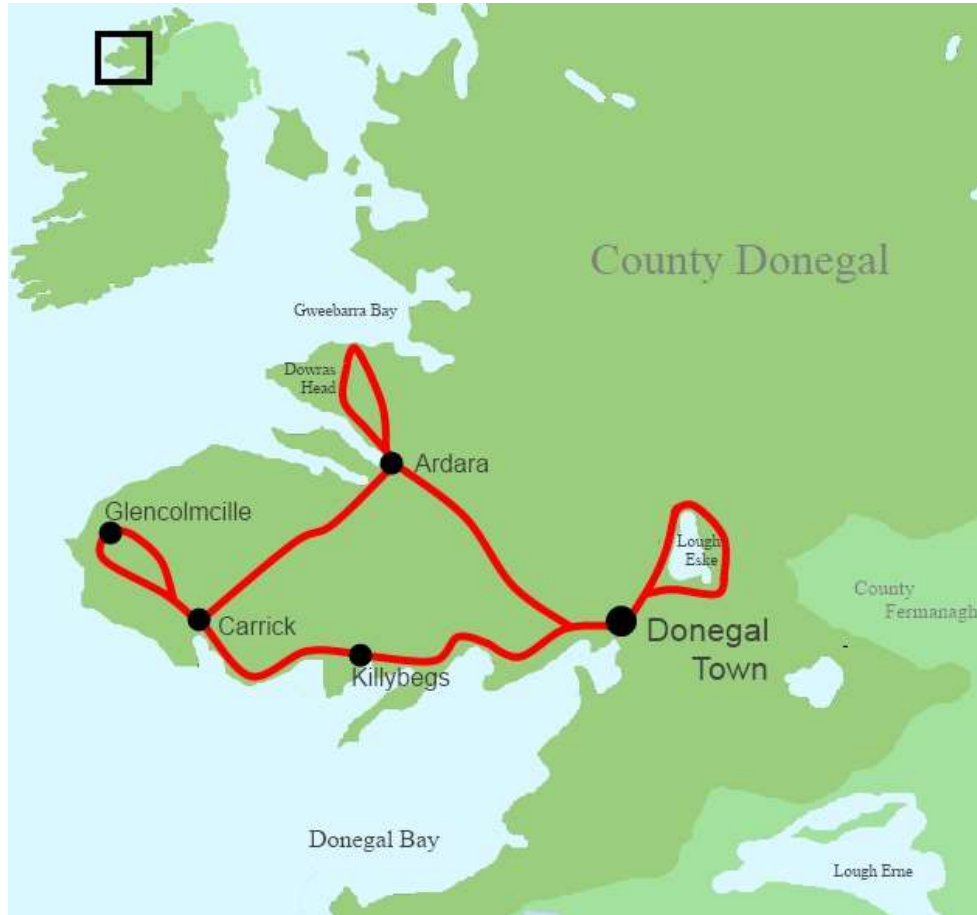
Day 9: Departure

Following breakfast it is time to depart, taking with you memories of your cycling adventures in one of the world’s most beautiful places.



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Route



Technical Characteristics:

Tour Profile: Leisurely to Moderate. Average daily distances of 25 km on hilly terrain.

Distance: 172 – 234 km

Travel Season: Daily departures from April 3 to September 30, 2018
Peak Season: June 1 to August 31



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Price per Person:

Off Peak Season Double Occupancy	€ 790.00
Peak Season Double Occupancy	€ 850.00
Single Occupancy Supplement	€ 150.00
E-bike Rental	€ 110.00
Extra Nights Any Location Double Occupancy	€ 80.00
Extra Nights Any Location Single Occupancy Supplement	€ 15.00

Accommodations:

For the most part we use traditional family run Bed and Breakfasts, where you will always be made welcome. These establishments tend to cater much more to the needs of the adventure traveler than the larger hotels. All of the rooms we book have their own bathroom. In the morning you'll get a hearty Irish breakfast that will keep you going for most of the day.

Included:

- Bed and breakfast accommodation in carefully selected guest houses and B&B's
- Quality, 24 speed, hybrid bicycle
- Welcome meeting and bike set up on first morning
- Daily luggage transfers
- Full support
- Comprehensive guide booklet
- All maps and guide notes
- GPS unit with all routes pre-programmed (one per group)

Not Included:

- Travel to and from start/finish of tour
- Meals other than breakfast



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Equipment Rental

Hybrid Bikes

The bicycle we use on our tours is the Kellys Axis (men's frame) and Kellys Omega (women's frame), or an equivalent model. These high quality 24 speed hybrid models combine the best features of road and mountain bikes, making them the perfect choice for touring the type of terrain in North West Ireland.



Electric Bikes

We use the high quality Kalkhoff Agattu Impulse. This bike combines an excellent battery life lasting up to 180 km with the comfort and versatility of an all terrain bike. Perfect for bike touring in the hilly terrain of North West Ireland.



Equipment

As well as the bicycle the following are also provided.

- Helmet
- Front carrier bag with map holder
- Mudguards
- Rear luggage carrier
- Lock
- Puncture repair kit
- Pump
- Spare inner tube

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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